

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

September 2

AIM

Ann Morrison Park, Boise
6:00 pm

September 6

Board Meeting

Google Meet, 7:30 pm

September 17

Lil' Buddies

Signature Pointe Clubhouse, Boise
4:00 pm

September 23

Mom's Night Out

Veterans Memorial Park, Boise
6:00 pm

Social Groups Leaders Needed

TVDSA is looking for someone to lead our Best Buds (ages 6–12) and Cool Club (ages 13–17) social groups to plan age-appropriate activities once a month, whenever and wherever works for you!

Email our programs coordinator, Angela Cochems at programs@idahodownsyndrome.org for more information.

Step Up for Down Syndrome Walk Registration Deadline

Registration is open and going strong for the 20th Annual TVDSA Step Up for Down Syndrome! **Online registration ends September 18, so sign up now!**



There will be on-site registration the morning of the event, but shirt sizes will not be guaranteed.

There are still incentives and bragging rights available for the team with the most walkers and the most funds raised so get your team set up and invite all your friends, family, coworkers, neighbors, EVERYONE!

We are almost halfway to our fundraising goal of \$21,000. Let's work together to make that happen and ensure TVDSA's programs and scholarships continue!

Walk Details

The one-mile walk will be on Sunday, October 16, and starts promptly at 11 am at Indian Creek Plaza (120 S. Simball Ave, Caldwell).

Celebration After

Come for the walk, but stay for the party after!

This year we will have a very special musical guest for your entertainment after the walk. Don't miss CASIO DREAMS, dedicated to celebrating the greatest decade in music – the 80s!

There will also be bounce houses, special entertainment, announcements, dancing, and there are several local restaurants and businesses near the plaza for food and drink options. Remember, TVDSA members with Down syndrome receive FREE registration! See the **registration website** for details.

We hope to see you all there!

Questions about registering for Step Up for Down Syndrome? Email registration@idahodownsyndrome.org.

Want to help with the walk? Email walk@idahodownsyndrome.org!

Walking on Sunshine

2022 STEP UP FOR DOWN SYNDROME

featuring...

CASIO DREAMS
AN 80S TRIBUTE BAND

Social Groups

Lil' Buddies

Playdate 2: End of Summer Swim! Join us for (what is hopefully a sunny and warm) the last Saturday of Summer!

Same place, new time! The Lil' Buddies will be back at Tove and Noah's clubhouse at Signature Pointe apartments (3509 N Cole Road Boise, 83704) on Saturday, September 17 from 4:00 to 5:00 pm for snacks, drinks, time with friends, and a dip in the outdoor pool!



Please email with any dietary restrictions and RSVP by Thursday, September 15 through lilbuddies@idahodownsyndrome.org.

Hope to see you there!

Mom's Night Out

TVDSA Moms, it has been so great to be meeting again! I'm so excited about getting to reconnect with old friends and also all the new moms we have joining us!

This month, let's meet on Friday, September 23 at 6:00 pm and enjoy a fall evening with a walk along the Greenbelt. We will meet at Veterans Memorial Park and walk the Boise Cascade Lake Loop. It is approximately 1.3 miles and should only take us about 30 minutes or so.

After we walk, we'll head over to ¡Wepa! to enjoy some fabulous Puerto Rican food! Wepa was voted the Best

New Restaurant by Boise Weekly in 2022 so you will not want to miss this Moms Night Out!

As always, this event is open to TVDSA members who are moms of a child (of any age) with Down syndrome. TVDSA will provide dinner and a soft drink.

Please RSVP no later than Tuesday, September 20 using the [online event registration form](#) and note if you will join us for the hike, the dinner or both. Our reservation at Wepa is for 7:00 pm if you will only be coming for dinner.

If you have any questions or if you need to cancel your RSVP please contact Julie McConnel at moms@idahodownsyndrome.org

TVDSA All-Ages Event

Join Explore Dance Company for a Harry Potter-themed dance class! The class will be held at Motions Dance Studio at 440 W. Pennwood St in Meridian, ID 83642.

They graciously invited all TVDSA members an opportunity to dance with them on October 29 (time TBD).

Please email Angela Cochems, a.cochems@idahodownsyndrome.org, if your loved one with Down syndrome is interested in attending this fun class!

The exact time will be determined once we confirm registrants. Please email Angela for more details.

D.A.D.S

The Dads are headed to the blue for the Boise State vs Colorado State game on Saturday, October 29, start time for the game has yet to be announced.

Please reserve your spot by September 15 by emailing Scott Gluch at dads@idahodownsyndrome.org.



Social Group Attendance Policy and Membership

TVDSA no longer requires a health waiver to be filled out or temperature checks. We also no longer have restrictions requiring masks or limiting attendance. We will have PPE available to attendees and will encourage distancing as appropriate.

Activities are open to current TVDSA members. You can renew your membership using the [TVDSA Membership Form](#) or check your membership status by emailing membership@idahodownsyndrome.org.

Courageous Kids Climbing Event

Courageous Kids Climbing happily invites TVDSA to a FREE opportunity for people between the ages of 3-months and 103-years with special needs (physical, developmental, visually impaired, hearing impaired, wounded warrior, etc.) to participate in a climbing event at the Boise Downtown YMCA on Saturday, September 10 from 10:00 am until noon.

Space is limited to 20 participants, first come, first served. For this reason, reservations are required. For more information, contact Jeff at courageouskidsclimbing@gmail.com. We also encourage you to visit our Facebook page to check out the photos from past events.

[Courageous Kids Climbing Facebook page](#).

NOTE: Participants are not forced to climb, but welcome to hang out with us at an all-inclusive event!



Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

Our Vision

A world where full inclusion is a reality rather than a goal.

Join TVDSA Today!

If you are not currently a member or you would like to renew your membership, you can do so **online with the TVDSA Membership Form**. You can contact us at membership@idahodownsyndrome.org to verify your membership status.

Board of Directors

President

George Taylor

Vice President

Perrine Blakley

Secretary

Jen Rice

Treasurer & Spanish Contact

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Angela Cochems

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idahodownsyndrome.org



Five Common Myths about Early Intervention

understood.org

Español

1: La intervención temprana es solo para los niños con problemas graves.

Los niños menores de 3 años califican para obtener intervención temprana si tienen una discapacidad o retrasos en el desarrollo. Esto incluye a los niños que no han alcanzado ciertos hitos del desarrollo, como los relacionados con la comunicación o el desarrollo socioemocional.

2: La intervención temprana es costosa.

La IDEA, por sus siglas en inglés) dice que las familias con niños que son elegibles deberían recibir varios servicios sin ningún costo. Una vez que se realice una evaluación de intervención temprana a su hijo, y se determine que califica, usted trabajará con un coordinador de servicios para implementar un plan.

3: La intervención temprana cura a los niños.

Una intervención temprana intensiva puede ayudar a los niños pequeños con retrasos del desarrollo a ponerse al día. Pero no puede “curar” condiciones de por vida como el autismo, el TDAH o el síndrome de Down. Aunque sí puede hacer una gran diferencia, y tener efectos positivos a largo plazo.

4: Usted pasará mucho tiempo trasladándose y en salas de espera.

Las familias son aliados importantes en la intervención temprana. Los profesionales trabajan con los niños unas pocas horas a la semana (o más). Pero usted y otros cuidadores de su hijo son quienes practican con él cuando los profesionales no están presentes.

5: Los niños que no califican tienen que esperar hasta kínder.

Si usted no está de acuerdo con los resultados de una evaluación, puede objetar esa decisión. Puede solicitar reunirse con las autoridades correspondientes para discutir sus inquietudes. Esto se conoce como mediación. También puede solicitar una audiencia imparcial, conocida como audiencia de debido proceso.

Lea el artículo completo en understand.org.

English

1: Early intervention is only for kids with severe challenges.

Kids under 3 are eligible for early intervention if they have a disability or developmental delay. This includes kids who haven't reached certain developmental milestones, including communication or social-emotional milestones.

2: Early intervention is expensive.

The Individuals with Disabilities Education Act (IDEA) says that families whose kids are eligible should receive several services at no cost. Once your child has an early intervention evaluation and is found eligible, you'll work with a service coordinator to get a plan in place.

3: Early intervention cures kids.

Intensive early intervention can help young children with developmental delays catch up. But it can't “cure” lifelong conditions, like autism, ADHD, or Down syndrome. It can make a big difference, though, and it can have long-term positive effects.

4: You spend tons of time in transit and in waiting rooms.

Families are key partners in early intervention. Professionals work with kids for a few hours (or more) per week. But you and your child's other caregivers are the ones who practice with your child when the professionals aren't around.

5: Kids who aren't eligible have to wait until kindergarten.

If you disagree with the results of an evaluation, you can challenge the decision. You can request to meet with officials to talk about concerns. This is known as mediation. You can also request an impartial hearing, called a due process hearing.

Read the full article at understood.org.